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YOU CAN FOR VICTORY

NETWORK:—NBC

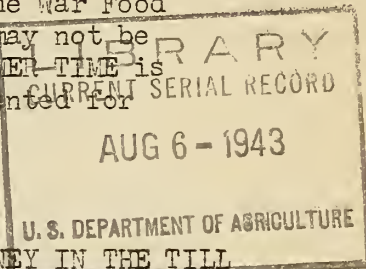
DATE: August 7, 1943

ORIGIN: WRC

TIME: 12:15—12:30 P.M.EWT

(Produced by the Food Distribution Administration of the War Food Administration, this script is for reference only and may not be broadcast without special permission. The title CONSUMER TIME is restricted to network broadcasts of this program—presented for more than ten years in the interests of consumers.)

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1. SOUND: CASH REGISTER—RINGS TWICE....MONEY IN THE TILL
2. MAN: That's your money buying a living in wartime.
3. SOUND: CASH REGISTER
4. WOMAN: And this is CONSUMER TIME—helping you save some of that money.
5. SOUND: CASH REGISTER
6. MAN: Dollars that all of us must stretch, these days.
7. WOMAN: Dollars that are needed in War Bonds.
8. SOUND: CASH REGISTER: CLOSE DRAWER
9. MAN: Yes, this is CONSUMER TIME bringing you, today----
10. WOMAN: Listen, Rosemary, just what is this Group Two I heard you talking about to Marge?
11. WOMAN II: It's the second in the basic seven food groups. Group two includes Citrus Fruits, Tomatoes, raw cabbage and salad greens.
12. MAN: That's the CONSUMER TIME program for today---the foods in Group Two—and canning some of those foods to help make you stronger, healthier in wartime. But now---our consumer reporter---Johnny Smith with....
13. JOHN: War orders straight from Washington.....

14. JOHN: As everybody knows—Washington is a busy place these days—but few places could be busier than the kitchen of Mrs. Evelyn Freyman was all day yesterday--and last evening. Mrs. Freyman's husband, Dave, had worked late at the office and had dinner down town. When he came home.....
15. SOUND: CANNING JARS AND PANS RATTLING, WATER ON, FREYMAN IS HUMMING. HUMMING OR SINGING UP. THEN DOOR OPENS AND CLOSES.
AWAY FROM MIKE.
16. FREYMAN: That you Dave?
17. DAVE: (AWAY FROM MIKE) Yes, dear. Be with you in just a moment.
18. FREYMAN: Fine, I certainly can use you.
19. DAVE: (COMING UP) Gee, smells mighty good in here. What have you been doing?
20. FREYMAN: Fruits and vegetables--vegetables and fruits--canning --all day long. It's really been quite a day.
21. DAVE: Well, let's get cleaned up here--I'll help--and we can just make the last show at the movies.
22. FREYMAN: It's an awful temptation, Dave—but, I can't.
23. DAVE: And why not? Can't a husband take his hard working wife to the movies?
24. FREYMAN: Of course, dear—but, it's the tomatoes.
25. DAVE: The tomatoes won't let you go to the movies?
26. FREYMAN: Yes, tomatoes—from our victory garden. They've got to be canned tonight. I'm just about ready to get going on them.

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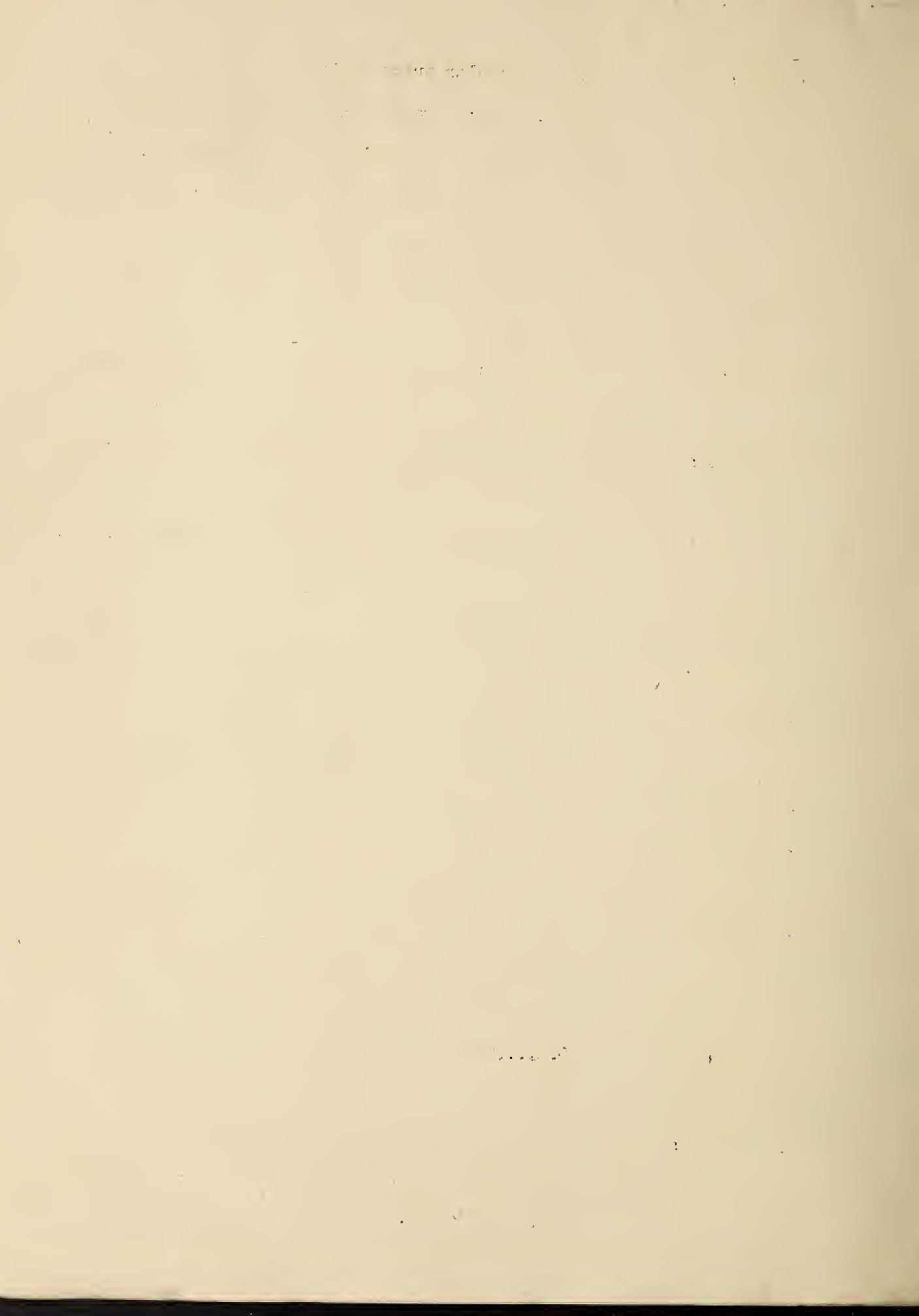
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27. DAVE: I seem to have stepped in at the perfect moment to be somewhere else.
28. FREYMAN: (SHE DOESN'T MEAN THIS) You go on to the movies—or read your paper or something.
29. DAVE: I'd love to but....well...if you're working on the night shift, as well as the day shift....I guess I can too. Here, help me drape this apron on me so I won't get all slopped up.
30. FREYMAN: I didn't want to come right out and ask you to help me, Dave,but I'm sure glad you volunteered. Take it all in all, I think I have a grade double A—one husband.
31. DAVE: I love the flattery—but, what do you want me to do?
32. FREYMAN: Peel and spot the tomatoes before we start canning them.
33. DAVE: I don't have to remind you that I never canned a tomato in my life, do I?
34. FREYMAN: Of course not. I haven't done it for years and years myself—not since I helped mother can some—much too long ago.
35. DAVE: Did your mother come over today to re-educate you in canning tomatoes?
36. FREYMAN: Oh no—I got the whole thing out of this Government folder WARTIME CANNING OF FRUITS AND VEGETABLES.
37. DAVE: Let me take a look at it.
38. FREYMAN: In a minute you can—but right now, we get busy on taking the skins off the tomatoes.

39. DAVE: Any particular trick to it?
40. FREYMAN: Sure. After I washed the tomatoes, I put them in that big covered kettle, there, with water. As soon as it has boiled for 30 seconds, we start taking the skins off the tomatoes—and cutting out the stem ends and any little spots you might see that don't look good.
41. DAVE: I think the kettle of tomatoes is boiling. What's in that other big kettle?
42. FREYMAN: They're my jars, and lids and jar rings for packing the tomatoes. They're being sterilized. Lift that kettle of tomatoes over here on the table, please, Dave.
43. DAVE: Sure.....Ouch.....
44. FREYMAN: What's the trouble?
45. DAVE: Hot!—burned, that's all. I didn't get enough pot holders in my left hand.
46. FREYMAN: Gee, I'm sorry, Dave.
47. DAVE: Doesn't amount to much. Let's get going on the peeling.
48. FREYMAN: Better put a fork in the stem end of each tomato—so you can hold it in your left hand as you peel it with your right hand.
49. DAVE: O.K....Say those skins come off just as nice as you please.
50. FREYMAN: The hot boiling water does that—and also shrinks the tomatoes so we get more in a jar....less air and more tomato.



51. DAVE: What do you do with these things after I finish peeling them?
52. FREYMAN: Well, I'm just going to take the jars and lids and rubber rings off the stove--so we can pack the tomatoes in as soon as you've finished peeling.
53. DAVE: Want me to lift the jars off the stove for you?
54. FREYMAN: You just keep peeling. I can handle these jars very nicely.
55. DAVE: If you say so. How many do you have?
56. FREYMAN: I have ten quart jars and the fixings in here. I don't believe we'll have over 8 quarts to fill--but the last minute is no time to run short.
57. DAVE: Honey, be careful with these jars.
58. FREYMAN: Now you just tend to the peeling. I can handle these jars. I never dropped one in my life.....
59. SOUND: JAR DROPS AND SMASHES ALL TO BLAZES
60. FREYMAN: (CONTINUING)..... Well, only once in my life.
61. DAVE: What happens after I skin these tomatoes and you put them in the jars?
62. FREYMAN: You see that third big kettle on the stove?
63. DAVE: Yes.
64. FREYMAN: That's a canning kettle with a wire rack inside and all full of boiling water. When the jars are filled and sealed....they go in that kettle...submerged in boiling water.
65. DAVE: These tomatoes are perpetually in hot water....
66. FREYMAN: I'll overlook the pun and continue by saying that the jars stay in the boiling water in the canning kettle for 10 minutes---and they're done.



67. DAVE: That's right.
68. FREYMAN: Of course it's right--what do you mean, "That's right?"
69. DAVE: I've just been checking through this folder, WARTIME CANNING OF FRUITS AND VEGETABLES.....and you have the process down pat....skipping a few details, of course.
70. FREYMAN: So you're checking up on me?
71. DAVE: Of course not....but this folder is interesting...and simple enough so even a mere male, like me, can understand what it's talking about.
72. FREYMAN: It ought to be good. The Government published it--and you can get it without charge.
73. DAVE: I'm sure going to enjoy these tomatoes--next winter. When it comes to liking tomatoes, I yield to no man.
74. FREYMAN: Funny thing about tomatoes, Dave. It wasn't so very long ago, say about 1858--just before the Civil War.. ..when (FADE) people were.....
75. SOUND BIRDS SINGING--OUT CLEAN FOR DIALOGUE
76. ALICE: This openness....the woods....the fields....so different from bustling, busy Charleston, John.....
77. JOHN: It's a long way from Charleston, S. C., to Minnesota, Alice....yet, we too have our towns. You like them, do you not?
78. ALICE: Oh, I love them....I love Minnesota....and even more do I love you, John....my husband.
79. JOHN: And I love you, dearest.
80. ALICE: This land....so rich, so beautiful.
81. JOHN: Aye, it is....in summer. But the winters are harsh.

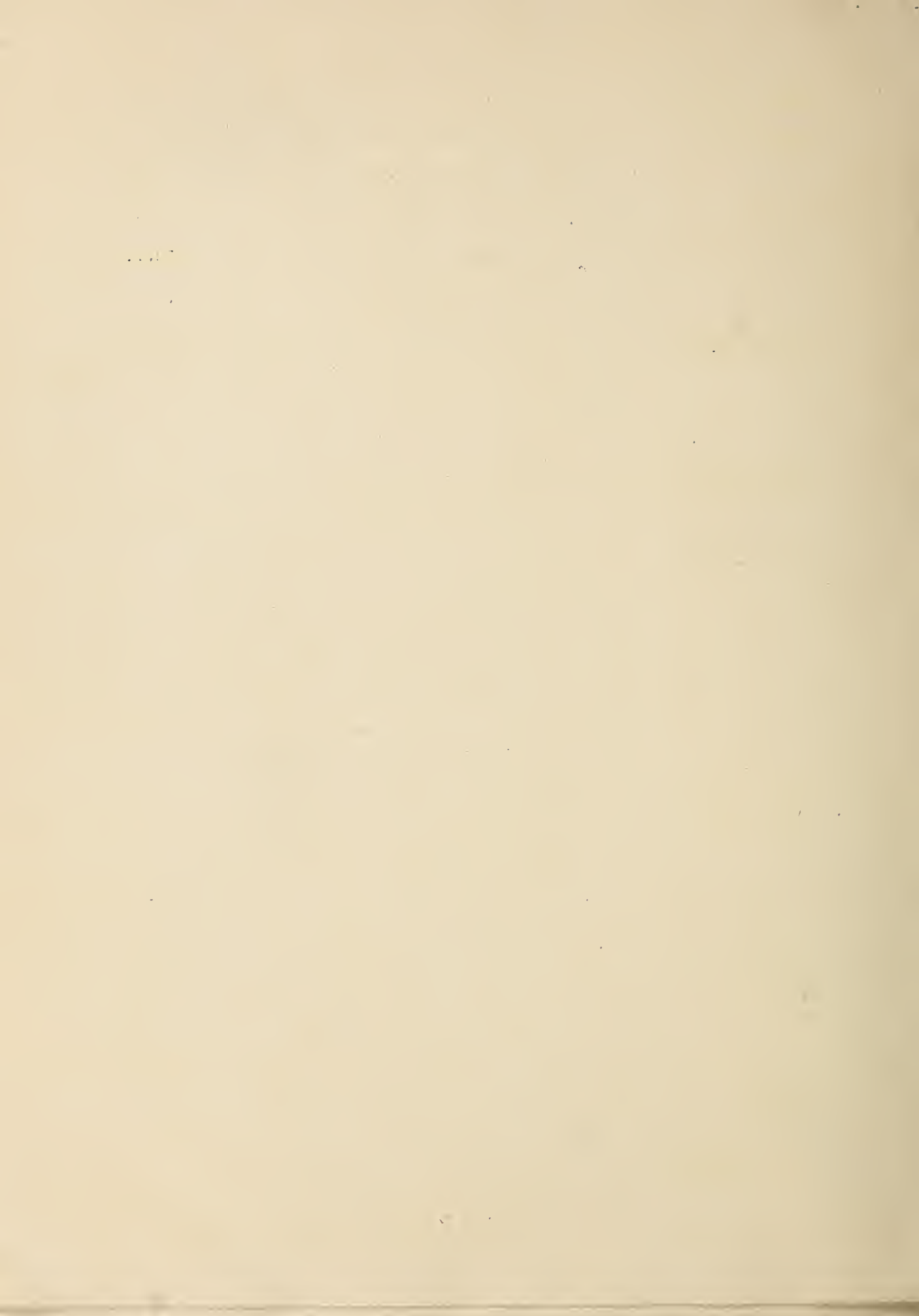
83. ALICE: Yet, ours is a good house.
84. JOHN: True, but the winter sickness comes within the tightest houses and many of our people sicken through the long, cold months. Yet, now, all is warmth and beauty.
85. ALICE: John, John, look, what is that strange plant?
86. JOHN: By most it is called a love apple— though some few now begin to name it a tomato.
87. ALICE: Love apples—I have heard of them....akin to the deadly nightshade....as poisonous as they are lovely.
88. JOHN: (LAUGHING) That is an old wives tale, Alice—but still devoutly believed hereabouts.
89. ALICE: Then, love apples are NOT poison?
90. JOHN: I have eaten them since I was a small child. Yet, do not even now tell my mother—for she is as certain as others that they are poison.
91. ALICE: How do they taste?
92. JOHN: Why, here—I'll pluck one for each of us. I think they're good—only I wish we had salt here with us.
93. ALICE: John, they are good—tart like an orange or a lemon. ...Though not truly the same taste.
94. JOHN: Best not tell the neighbors you ate one, lest they think us strange.
95. ALICE: Love apples....tomatoes....I shall not tell, John.... but I shall eat more of them unless you think they may harm me.
96. JOHN: I think you may eat all you wish and take no ill from them. I ate them—even last winter and took no harm.

97. ALICE: They grow then in winter too—or may be stored?
98. JOHN: No...but an Englishman lately moved to Minnesota showed me a method of preserving their goodness and freshness throughout the winter.
99. ALICE: In vinegar, in sugar or in brine?
100. JOHN: No, his is a cookery process—well known in England.
101. ALICE: A cookery process?
102. JOHN: Yes, the love apples are cooked then hotly sealed in jars or bottles so air may not rot them.
103. ALICE: John, we must gather many love apples so I may save them for our winter food.
104. JOHN: To be eaten secretly—as I ate them last winter.
105. ALICE: (GAILY) Our very own forbidden fruit!
106. JOHN: Yes, Alice. A strange thing happened last winter—as I ate the love apples.
107. ALICE: What was it, John?
108. JOHN: Of all the people in this community, I was....by myself....the only one who had not a single touch of the winter sickness.
109. ALICE: Do you think eating love apples prevents the winter sickness?
110. JOHN: That, my dear, I am not learned enough to know—but, stranger things have happened.
111. SOUND: BIRDS SINGING—AS AT BEGINNING OF THIS SCENE
112. DAVE: I suppose John avoided the winter sickness because of the vitamin C in tomatoes.
113. FREYMAN: Probably. Lack of vitamin C during winter—in cold sections—has caused a lot of "beginning scurvy."

114. DAVE: Can you can other things by the same process we used for the tomatoes?
115. FREYMAN: Only acid fruits and vegetables. For most other vegetables or meats you need a pressure cooker.
116. DAVE: And you can't get them now.
117. FREYMAN: Quite a few are now on the market. But if you can't buy them—maybe you can find a friend who will share the use of a pressure cooker—a sort of food club arrangement.
118. DAVE: Does it tell about all methods of canning in the Government leaflet "CANNING IN WARTIME"?
119. FREYMAN: It certainly does—and in plain simple language....
(TRANSITION) Oh, Johnny, Johnny Smith.
120. JOHN: Yes...too late to help with the canning, but with a guest you'll want to meet.
121. FREYMAN: The lady you promised would give us some authentic information on food group two of the seven basic food groups?
122. JOHN: Yes, Miss Marie Mount, chairman of the Maryland State Nutrition Committee and also Dean of the College of Home Economics at the University of Maryland.
123. FREYMAN: A pleasure to meet you, Miss Mount—and I've heard a lot of nice things about the fine job your Maryland State Nutrition Committee is doing.
124. MOUNT: Thank you, Mrs. Freyman.
125. FREYMAN: Miss Mount, just what are the foods in Group two of the Basic Seven?

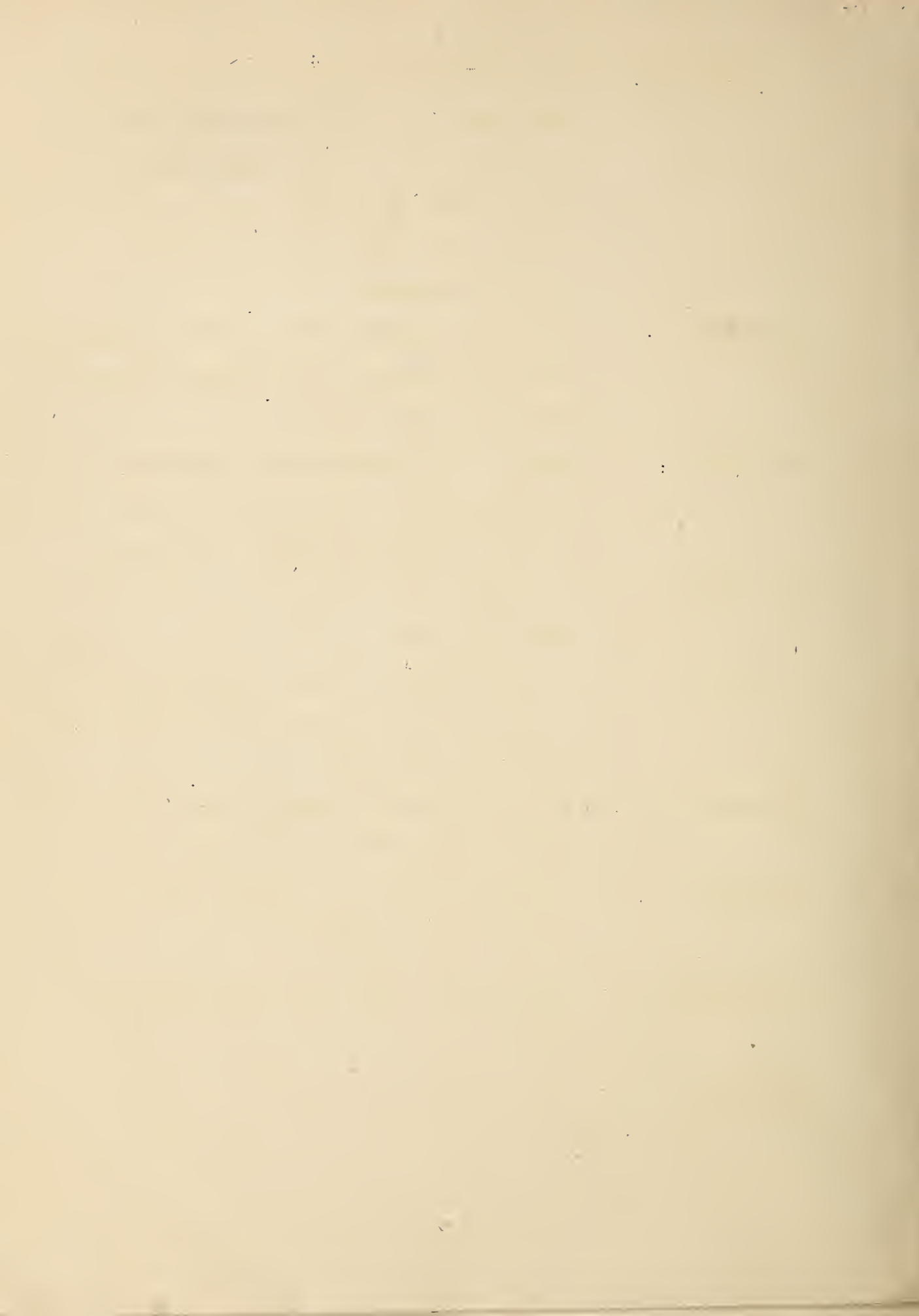
126. MOUNT: They include tomatoes, citrus fruits, cabbage, pimentoes and the so-called salad greens....lettuce cress, parsley, chicory and such. All of them foods which have a particular appeal during the summer when cooling, fresh dishes do so much to tempt the appetite.
127. FREYMAN: What's the importance of these foods in the dietary scheme?
128. MOUNT: That's a very large question....too large for a detailed answer. But, trying to highlight the foods in this group.....some of them, the citrus fruits and tomatoes, particularly, are very rich sources of Vitamin C.
129. FREYMAN: Rich in Vitamin C.
130. MOUNT: Yes, and Vitamin C is one of the vitamins that can't be stored in the body. You have to eat it regularly to keep in good health. Now, while you can't store this vitamin in the body.....it can be canned....by the process you outlined for tomatoes. Tomatoes, properly canned are good sources of this vitamin-- as are canned tomato and citrus fruit juices.
131. FREYMAN: What about the food values of cabbage and the salad greens?
132. MOUNT: Aside from their vitamin content...which is in itself important....these foods are generally good sources of needed minerals....particularly calcium, phosphorous and iron. These minerals are so important that without them--human life stops.

133. FREYMAN: I know calcium is pretty important.
134. MOUNT: Yes, the bone structure and the teeth are dependent upon a proper supply of calcium in our food. Too little calcium means bad bones, poor teeth... a great variety of ills. Calcium is also necessary in the pumping action of the heart.
135. FREYMAN: Phosphorous seems like a funny body chemical. Didn't old time matches used to be made of phosphorous?
136. MOUNT: I think so—but it was a far different type of phosphorous compound than the phosphorous compounds we use—and must have—in the body. The phosphorous which the body must have is in the form of very complex organic chemical compounds. It is also important in bones and teeth. Likewise, it plays a vital part in many other body processes.
137. FREYMAN: Where does the iron fit in?
138. MOUNT: Probably its best known function is in connection with our blood....the red hemoglobin. If the iron content drops too low, we suffer with anemia—and possibly a lot of other ills. This iron, which the body uses, must also be obtained in complex organic forms—largely from food. You can't just try to eat the iron used in making nails or girders and expect it to help nourish the body.
139. FREYMAN: If the complex iron compounds which we need were reduced to metallic iron....about how much actual iron would there be in a human body?



140. MOUNT: Only about one-seventh of an ounce. But don't be deceived by the seeming smallness of that amount--because if you didn't have it--or much of it--you wouldn't be alive. These minerals, calcium, phosphorous and iron--from foods--are absolutely essential to human life and well being.
141. FREYMAN: Then, foods in this Group Two are largely protective foods?
142. MOUNT: That is correct. Right now, too, they are relatively abundant and relatively cheap--except the citrus fruit group.
143. FREYMAN: Then it is just good common sense to eat plenty of them now.
144. MOUNT: It is good sense to eat plenty of them now--and regularly. Canning will do much toward insuring the regularity--because most of these foods can have their goodness and their nutritional values saved for later times--when they are neither so abundant nor so cheap--by canning.
145. FREYMAN: A pressure cooker is required for quite a few of these foods, isn't it?
146. MOUNT: Yes, for all except the acid fruits and vegetables, a pressure cooker is a must. Oven canning is not satisfactory--nor is the so-called open kettle process. If you don't have--and can't buy a pressure cooker--possibly you can borrow one from one of your good neighbors. Another possibility is to use one of the community canning kitchens--or food preservation

146. MOUNT(CONT.): centers—which are in operation in many urban and rural areas. In any event—make every effort to obtain the use of a pressure cooker because we must save our foods—and pressure cooking is imperative for so many foods—which can be satisfactorily canned only by that process.
147. FREYMAN: This folder, WARTIME CANNING OF FRUITS AND VEGETABLES gives the directions for both pressure cookery and the hot water bath method.
148. MOUNT: Stick to the directions in that folder—and your canning will turn out the way you want it to. That is a good, simple and practical canning guide.
149. FREYMAN: I certainly want to thank you for being with us today, Miss Mount.
150. MOUNT: It was a pleasure and I urge canning-minded listeners to write in for that helpful leaflet, WARTIME CANNING OF FRUITS AND VEGETABLES.
151. FREYMAN: Just give your name, address and radio station call letters. The leaflet is sent without charge.
152. JOHN: Address your request to CONSUMER TIME, War Food Administration, Washington, 25, D. C.
153. FREYMAN: What's the up to the minute ration stamp news, Johnny?
154. JOHN:



155. FREYMAN: What are you planning for next week, Johnny?
156. JOHN: I've been digging around in potatoes and onions--and a great collection of other vegetables and fruits which comprise Group Three of the Seven Basic Food Groups.
157. FREYMAN: Sounds very tasty.
158. JOHN: Hope it will be—and don't forget to write today for your leaflet on Wartime Canning of Fruits & Vegetables. It'll be a handy guide right along.
159. FREYMAN: I won't forget. See you next week on CONSUMER TIME.

160. ANNOUNCER:

For your copy of Wartime Canning of Fruits and Vegetables, send a post card--with your name, address and radio station, to CONSUMER TIME, War Food Administration, Washington (25) D. C. It will be sent without charge.

Heard on today's program were.....

and Miss Marie Mount, Chairman of the Maryland State Nutrition Committee and Dean of the College of Home Economics, Maryland University.

Script by Granville Dickey

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